

Message for Parents

- Please email or call your child's case manager if you have questions. Your student's teacher is also available to talk to your child. Staff office hours are 10:00am-2:00pm daily.
- We know it may be difficult for your child to complete academic activities when they are not in school. Let us know if you need support to help find work your child can do to maintain their skills.
- Work being sent home is based on skills that the students have previously been instructed on, if your child is having difficulty, please let us know so that we can send something that is more accessible.
- Academic work being sent home is NOT graded. The purpose is to help your student maintain their academic skills while schools are closed.
- If academic work is putting too much stress or pressure on your family, please feel free to step back and do what your family needs. Your family's mental health is more important than academics during this time.

Sample Schedule for grades K - 2nd

8:00 a.m. Breakfast, shower/brush teeth, change out of pajamas into clothes

9:00 a.m. - 9:30 a.m. Reading skills and activities

9:30 a.m. - 10:00 a.m. Exercise/Wellness Activity

10:00 a.m. - 10:30 a.m. Reading to parent, sibling, dog, etc

10:30 a.m. - 11:00 a.m. Snack/Exercise/Wellness Activity

11:00 a.m. - 11:30 a.m. Handwriting or Writing practice

11:30 a.m. - 12:30 p.m. Lunch

12:30 p.m. - 1:00 p.m. Math

1:00 p.m. - 2:00 p.m. Enrichment (science, social studies, art, music)

2:00 p.m. - 7:00 p.m. Relax, work on passions, go outside, spend time with family, dinner

*Keep a consistent, reasonable bedtime (no later than 8 p.m.)

Sample Schedule for grades 3rd - 8th

*3rd-5th graders: adjust schedule to be in 20 minute increments as needed depending on child's attention

8:00 a.m. Breakfast, shower/brush teeth, change out of pajamas into clothes

9:00 a.m. - 9:30 a.m. Math

9:30 a.m. - 10:00 a.m. Exercise/Wellness Activity

10:00 a.m. - 10:30 a.m. Reading Comprehension Activities, Reading and discussing stories

10:30 a.m. - 11:00 a.m. Silent Reading/Adult Read Aloud

11:00 a.m. - 11:30 a.m. Exercise/Wellness Activity

11:30 a.m. - 12:00 p.m. Writing

12:00 p.m. - 1:00 p.m. Lunch

1:00 p.m. - 2:00 p.m. Enrichment (science, social studies, art, music)

2:00 p.m. - 8:00 p.m. Relax, work on passions, go outside, spend time with family, dinner

*Keep a consistent, reasonable bedtime (no later than 10 p.m.)

Sample Schedule for grades 9th - 12th

8:00 a.m. Breakfast, shower/brush teeth, change out of pajamas into clothes

9:00 a.m. - 9:40 a.m. Math

9:40 a.m. - 10:00 a.m. Exercise/Wellness Activity

10:00 a.m - 10:40 a.m. Reading (English)- read a novel

10:40 a.m. - 11:00 a.m. Exercise/Wellness Activity

11:00 a.m. - 12:00 a.m Science/Enrichment

12:00 a.m. - 1:00 p.m. Lunch

1:00 p.m. - 2:00 p.m. Social Studies/Enrichment

2:00 p.m. - 2:30 p.m. Exercise/Wellness Activity

2:30 p.m. - 3:30 p.m. Journaling

3:30- 10 p.m. Relax, work on passions, go outside, spend time with family, dinner

*Keep a consistent, reasonable bedtime (no later than 11 p.m.)

Online Resources

Reading

1. [Bookshelf](#)
2. [Brightly Storytime](#)
3. [Curriculum Associates](#)
4. [Eugene Public Library](#)
5. [CommonLit](#)
6. [MobyMax](#)
7. [Readworks](#)
8. [Read Naturally k-8](#)
9. [OSLIS](#)
10. [Doggo News](#)
11. [Gutenberg](#)
12. [Newsela](#)
13. [Scholastic Learn at Home](#)
14. [Anna DiGillio Simply Skilled Teaching](#): Books and resources including online read alouds
15. [The Measured Mom - K-3](#)
16. [K-2 Common Sense Org](#)
17. <https://pbskids.org/>
18. [Florida Center For Reading Research](#)

Math

1. [MobyMax](#)
2. [Math/Strategy Games](#)
3. [Games with Playing Cards](#)
4. [Math Games](#)
5. [Math Before Bed](#)
6. [Khan Academy](#)

7. [Didax](#)
8. [Prodigy](#)
9. [IXL](#)
10. [BrainPOPJr](#)

Science

1. [Mystery Science](#)
2. [Kids National Geographic](#)
3. [National Geographic Education](#)
4. [HowtoSmile](#)
5. [OSLIS](#) (Oregon School Library Information System)
6. [IXL](#)

Social Studies

1. [Kids National Geographic](#)
2. [National Geographic Education](#)
3. [OSLIS](#) (Oregon School Library Information System)
4. [IXL](#)
5. [CNN10](#)

Career Research

1. [Career One Stop](#) (Career Exploration)

Wellness

1. [7 Ways to Support Kids and Teen Through the Coronavirus Pandemic](#)
2. [125 Ways to Keep Kids Entertained](#)
3. [Deep Breathing](#)
4. [Progressive Muscle Relaxation](#)
5. [Guided Relaxation Waves](#)
6. [Guided Imagery](#)
7. [A Soft Murmur](#)
8. [Cosmic Kids Yoga](#)
9. [Brain Pop](#)
10. [ADDitude](#) (Tips for kids with ADHD and ADD)

Additional Resources

1. [Boardmaker](#)
2. [Zones of Regulation](#)
3. [Sign Language Online](#)